Natural PMR Protocol

A holistic, supplement and lifestyle-based approach to Polymyalgia Rheumatica (PMR) recovery — refined through lived experience and guided by blood test monitoring.

Core Principles

1. **Gut Repair & Candida Elimination**
2. Leaky gut and Candida overgrowth were foundational drivers of inflammation.
3. Slippery Elm Bark Powder, anti-inflammatory diet, and Candida-reducing nutrition were pivotal.
4. **Vitamin D3 + K2 Modulation (Critical Phase)**
5. **High-dose initiation:** 50,000 IU Vitamin D3 daily (short-term, early phase).
    - Rapidly reduced pain and systemic inflammation.
    - Carefully monitored with blood tests (target 150–250 nmol/L).
6. **Taper phase:** Reduced stepwise to 5000 IU/day, then every 2nd or 3rd day.
7. **Maintenance:** 2000–5000 IU with Vitamin K2 once stable.
8. **Sun exposure:** 15–30 minutes daily further supported immune balance.
9. *Note: This high-dose loading strategy was a key innovation — pain fell quickly in the early weeks. With Slippery Elm Bark Powder known earlier, prednisolone may not have been necessary at all.*
10. **Micro-Dose Prednisolone (Temporary Bridge)**
11. Minimal total dose used (~55 mg across protocol).
12. Designed as a short bridge while natural therapies took effect.
13. Discontinued completely by June 12, 2025.
14. **Targeted Supplementation**
15. **Anti-inflammatory:** Boswellia, Curcumin, Fish Oil, Black Seed Oil, MSM.
16. **Antioxidants & Recovery:** NAC, Glutathione, Vitamin C, Vitamin E, CoQ10.
17. **Gut Repair:** Slippery Elm Bark Powder (3x daily on empty stomach).
18. **Mitochondrial & Energy:** Creatine, BCAA, B-complex, Magnesium, Potassium.
19. **Adaptogens & Hormonal Support:** Ashwagandha, Phosphatidylserine, Boron.
20. **Thermal & Physical Therapy**
21. **Sauna (infrared & traditional):** Enhanced fascia release, toxin clearance, circulation.
22. **Magnesium/MSM baths:** Muscle relaxation and mineral replenishment.
23. **Massage ball & gentle mobility:** Released fascial adhesions, restored range of motion.

24. **Walking program:** Gradually increased to 6–7 km/day without flare.

25. **Dietary Foundation**

26. Strict **anti-inflammatory, Candida, and leaky gut repair diet**.
27. Rich in bone broth, collagen, vegetables, lean protein, healthy fats.
28. Excluded refined sugar, alcohol (except occasional beer once stable), and processed foods.

Results

- **Initial inflammation:** CRP 83.9, ESR 32 (April 2, 2025).
- **By June 13, 2025:** Vitamin D 375, CRP 12.8, ESR 14.
- **By August 25, 2025:** CRP 2.0, ESR <0.7 — *full remission markers.*
- Clinical improvement mirrored bloodwork: pain decreased, mobility returned, strength and muscle mass rebuilt.

Recovery Phases

1. **April–June 2025:** High-dose Vitamin D + micro-dose prednisolone + strict gut repair diet. Rapid drop in inflammation.
2. **June–July 2025:** Detox phase — fascial release, toxin clearance, significant pain but improving mobility.
3. **August 2025:** Natural recovery phase — muscle regrowth, DOMS-like pain, improved sleep, increasing mobility.
4. **Forecast (Sept–Oct 2025):** Stable strength return, pain-free movement, lasting remission.

Key Innovations

- **High-dose Vitamin D3 front-loading**, tapered with blood test monitoring.
- **Slippery Elm Bark Powder** for gut lining repair — likely pivotal in long-term resolution.
- **Minimal prednisolone use** — proof that natural strategies can dominate the recovery process.
- **Integrated anti-inflammatory nutrition + sauna/bath therapy** as daily tools for relief and tissue recovery.

Notes for Others

- This protocol is **not medical advice** but a natural recovery pathway that achieved documented remission.
- Always monitor **CRP, ESR, Vitamin D, and cortisol** during recovery.
- Strict dietary adherence (gut repair + anti-inflammatory) was as important as supplements.

- Each person may require adjustments, but the **principles of gut repair, vitamin D optimization, and controlled inflammation relief** are universal.

✅**Natural PMR Protocol achieved full remission within ~5 months.**
With earlier gut support (Slippery Elm Bark), corticosteroids may not have been needed at all.